

# GINGER THERAPY TO REDUCE PAIN IN ELDERLY WITH OSTEOARTHRITIS

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## ABSTRACT

**Introduction:** The aging process is a natural biological process which can't be avoided, and running continuously. It will lead to changes in anatomical, physiological, and biochemical in the body, so it will affect the body's ability to function and overall. Osteoarthritis (OA) is a degenerative joint disease that is most common and often lead to an inability with symptoms such as joint pain, stiffness, and limitation of movement. Studies in experimental animal, mice proved that ginger extracts have anti-inflammatory substances. The purpose of this study was to determine the effect of ginger compress in elderly patients with OA, based on some of the existing literature. **Method:** we get three literature after going through the PICO strategy and selection of appropriate literature topics we find. The study design of the three journals using different designs include phenomenology; qualitative research; observational studies and case studies. The population of each journal was: 1) Journal A: 10 people with OA, over the age of 45 years, 2) Journal B: 20 people with OA, with an average age of 64 years (80% women), 3) Journal C, consists of: 56 patients with knee or hip OA (average age 66 years; 73% women), 120 patients with knee or hip OA (average age 58 years, 26% women), and 29 patients with knee OA (average age 62 years, 79% women). **Results:** The results of the literature review of the three journals is a topical treatment or a compress of ginger has the potential to relieve symptoms, improve overall health, and increase the independence of people with chronic osteoarthritis. There is no significant effect in patients with OA in the knee or hip. **Discussion:** Further research is needed to design of research, instrument, and ginger dose needed for safety and effectiveness.

**Keywords:** Ginger therapy, Pain, Osteoarthritis, Elderly